

PELVIC CLOCK I

Clarifying the organization of the lumbar in flexion (flattening/rounding the low back) and in extension (arching the low back) in the positions of lying and sitting.

TEST: Pelvic Lift

1. On back. BK Flatten back. What do you use? How do you do it?
 - a. Flatten back from pressing soles on floor.
 - b. Flatten back from rolling the pelvis “as a rolling pin” up toward the waist.
Feel tailbone rolling up toward ceiling.
Feel pubic bone rolling up toward ceiling; toward waist.
Can you do it without using abdominal muscles?
 - c. Flatten back using both soles of feet to push and pelvis to roll up.
What happens in your sternum (breast bone)?
Can sternum move up toward chin?
 - d. Do you have a habit of sternum moving down toward waist when you flatten your back? Does your chin tip up? Can you release your neck and let it be passively moved by flattening your back?
 - e. Can you flatten your low back by moving your sternum up toward your chin?
 - f. Now use all three - feet/pelvis/sternum to flatten your back. Does it begin to tip up your chin and roll the back of your head?

REST Feel how you are lying on the floor. Change in low back?

2. BK. Now arch your back. How much effort? Where are you contracting? Where are you raising your back from the floor? Holding breath? Using your abdominal muscles?
 - a. Glue feet to floor and pull yourself down toward your feet as a way to arch your back.
 - b. Now arch from “rolling pin of pelvis” down toward your feet. Tailbone rolls down toward floor. Pubic bone rolls down toward floor away from waist.
 - c. Now arch using both feet and pelvis. Can you sense the sternum being pulled down toward your waist? What about your chin? Is it being pulled down toward the waist as well? What can you release in your neck to allow this to happen?
 - d. Can you arch just by moving your sternum and chin down toward the waist?

- e. Now arch using feet and pelvis and sacrum.
- f. Alternate arching and flattening. Is it smoother, easier now? What parts of yourself do you use?

REST Feel changes in lower back on the floor.

- 3. On back. Soles together. (Keep knees as relaxed out to the side as possible. Use support if necessary.) Repeat #1 Flattening in this position using outside rims of soles (instead of standing soles).
- 4. Repeat #2 arching in this position, using outside rims of soles.

REST Feel low back - breathing.

PELVIC CLOCK PART II

Four (4) positions. **Always soles together.**

- I Preparation. Lying, with clock under pelvis, releasing L5/sacrum.
- II Sit, on palms, clock under pelvis
- III Sit, on elbows, clock under pelvis
- IV Lying, clock under sternum/back of heart

- I Preparation.** Lying, soles together, *imagine* a large clock on the wall, like the kind in second grade, white with black numbers. It slides down the wall onto the floor and under your pelvis. 12 o'clock will be toward your heels, 6 o'clock toward your waist.
- 1. Flatten your back so that the contact point of your pelvis on the floor rolls toward your waist - 6 o'clock.
- 2. Arch your back so that the contact point of your pelvis on the floor rolls toward your heels - 12 o'clock.
- 3. Alternate between the two.
- 4. Roll pelvis toward your R hip - 3 o'clock.
- 5. Roll pelvis toward your L hip - 9 o'clock.
- 6. Alternate between the two.
- 7. Make several small circles around the dial clockwise.
- 8. Make several small circles around the dial counterclockwise.

9. Stick out your tongue gently, keeping it fat and soft. Gently bite down on it just to hold it in place. Now make two (2) circles with your pelvis in each direction keeping your tongue held out with your teeth.

REST Feel low back.

II **Sit, lean on palms, clock under pelvis**

10. Come to sitting with the soles of the feet together, knees open, as close to the floor as they naturally fall. Put your arms behind you in a comfortable position, and lean on your hands. What is the most comfortable position for your palms? Have them far enough behind that your pelvis is free to move.
11. *Imagine* that a large clock is still under your pelvis with 12 o'clock towards your feet, 3 o'clock off your right hip, 6 o'clock toward your waist and 9 o'clock off your left hip.
12. Now find a way to roll the contact point of your pelvis where it presses on the floor forward to 12 o'clock and back towards the 6 o'clock position. Let the lower, middle and upper back arch forward while letting the belly, ribcage and chest push out.
Reverse and go to 6 o'clock. Belly and chest cave in. Back rounds. Repeat ST.
13. Roll that contact point your pelvis has with the floor forward to the 12 o'clock position and slowly roll it in an arc to where the 1 o'clock position would be and then roll back to 12 o'clock. Then roll the contact point to where the 2 o'clock position would be and back to 12 o'clock through 1 o'clock. Then to 3 o'clock and return to 12.
Notice what happens with the knees.
Which raises and which lowers?
What happens in the ribcage, lower back and shoulders? Is your jaw relaxed? How is your breathing?
Now continue to 4 o'clock and return to 12. Then 5 o'clock and back to 12, then 6 o'clock and to 12. Be sure to hit every number on the dial on your return to 12.

REST Lie down and notice your right side.

14. Come back up to the same sitting position. Now move slowly from 12 o'clock through all the numbers to 6 o'clock and back to 12 o'clock. Notice what is happening with the knees, lower back, ribs and shoulders. Also note the "hours" or positions where you skip or there is discomfort. Don't strain. Make the circle smaller if need be.

REST. Lie down and feel the changes.

15. Sit up again and now move your pelvis through every "hour" of the clock until you end up at 12. Feel how the movement translates all the way up the spine. Make a clockwise circle ST. Now reverse and roll that contact point you have with the floor counter-clockwise until you end up at 12 o'clock. ST.

REST. How are both the hips and the lower back on the floor now?

III Sit, lean on elbows, clock under pelvis

16. Return to the sitting position, soles together, but this time lean back on your elbows instead of your hands. Find a comfortable position for your head, eyes on the horizon. Make several clockwise circles, then counter- clockwise. Notice how this position affects the movement and how it translates through the body. How is being on the elbows different from being on the palms?

REST. Notice the changes in how you lie on the floor.

IV Lying, clock under sternum/back of heart

17. Stay lying and bring soles of the feet touching, letting the knees fall apart from each other toward the floor. Move that imaginary clock you were sitting on to a position behind your heart, so that 12 o'clock is towards the bottom of your ribcage, 3 o'clock towards the right shoulder, 6 o'clock is towards the head and 9 o'clock is towards your left shoulder. Directly above this clock is your sternum (your breast bone).

Find the bony notch at the base of your throat. That's the top of the sternum. Move your fingers down the hard bone to the point where you feel soft tissue below and the ribs curve out to the side. That's the bottom of the sternum. It's shaped like a small shield and your ribs come out of either side of it.

18. Find a way to move your sternum upwards towards the 6 o'clock point on that imaginary clock you're lying on, and then down towards the 12 o'clock position ST. It's a small movement. It's NOT about using your low back. Now move the contact point from 3 to 9 o'clock. Feel what's happening to the ribcage.
19. Now move the sternum up to 6 o'clock and make a circle around the clock in one direction ST and then reverse the direction ST.
Notice again what's happening with the ribs, neck, head, mid and lower back and pelvis.

REST. Do a pelvic lift (PL). Feel how your body lies on the floor now compared to the beginning.

20. Repeat the pelvic clock on the elbows and on the palms. Easy, gentle, small circles. Is it smoother now?

REST.

Come to standing. What's different?

Walk around. Notice changes.